

DAILY MAGAZINE PAGES FOR EVERYBODY

What a Mother's Neglect May Mean to Her Child

By WINIFRED BLACK

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Winifred Black

A CERTAIN boy is a confirmed tobacco smoker, and he is just three years old. He went before a state medical association the other day and smoked a long, black pipe.

His father told the doctors with great pride that the boy smokes four cigars a day and has been keeping up this record ever since he was a year old.

Two years ago the father left a lighted cigar near the baby's crib; the baby reached out and got it, finished it, and cried for more.

The doctors before whom the little boy appeared to do his smoking examined him thoroughly and pronounced the child normal mentally and physically.

I wonder who examined the father to find out whether he was "normal" or not. And the mother of the poor little fellow—where in the world was she?

"Normal"—well, perhaps he is, poor little normal, but he won't stay normal long, not if a father and mother like that bring him up.

I met one of those "normal" mothers down in the country three or four years ago.

She was a pretty little woman and very charmingly dressed. She wore the most beautifully embroidered waists and the prettiest and daintiest little hats, and she made them, she said, all herself, just for pleasure.

One Case of Nerves.

She had some children, and they were always exquisitely dressed and beautifully neat—but they were pale and irritable and very nervous.

The charming little woman didn't worry much about her girls. She seemed to think it was quite natural and very proper indeed for little girls to be nervous. But the boy—she seemed to be quite concerned about him, whenever she wasn't counting the stitches in her embroidery.

He was a handsome little chap, and very bright in a sort of uncanny, d-mannish way that made you expect to see him put a glass in his eye and order a highball right before the minister.

But he was nervous, there was no doubt about that, terribly nervous. Everything excited him so, and then he would shake all over like a very old man with the palsy; and sometimes he had screaming spells, and he would scream and scream—the poor, perverted little chap, and kick and tear his clothes.

His mother said it was temper; he inherited it from his father's side of the family, she declared.

Just as we who knew the charming little woman had made up our minds that we really must talk to her about getting a nerve specialist down from town to look at the little boy, I was invited to the charming woman's house to spend a couple of days.

The first night at dinner all the children were at the table, and they all ate some of everything there was. And just about as much nourishment for a growing child in most of it as there would be in a dinner of nice, clean, white chips with ketchup oil poured over them for sauce.

They didn't care for the chicken, but they did care for the dressing—especially the dressing that was very rich; and they ate great platefuls of it, and sauce and preserves and jelly and pickles, and they drank huge cups of strong coffee all through the meal.

The "Hygienic Mother's" Success.

That night two of the children had the nightmare and the little boy woke up and cried and cried. He hated the moon, he said, and he wished somebody would make it stop shining; and he was lonesome and he wanted the kitty for company, and the whole family turned out and went and called "kitty, kitty, kitty," under the trees and in the barn and in the front garden. And in the morning the nervous little boy ate for breakfast a large saucer of black New Orleans molasses and two cups of coffee so strong that it was black as night.

Speak to my friend, the charming little woman, about her children's diet? Why, she never would have listened to me for one moment.

I did venture to whisper something about the coffee, and she laughed and said, "Oh, you are a good faddist; we just fairly live on coffee at our house." The other day the little boy died, in a terrible nervous seizure, and he mother says that she can't understand why the Lord has picked her out for such a visitation of ill wrath.

I have a friend who calls the hygienic mother.

We have a good deal of fun with the hygienic mother and her hygienic children.

I must admit they looked pretty healthy, and they seem to have a good deal of fun being hygienic, but somehow I can never get used to a child who isn't allowed to eat a cookie once in a while, and who refuses gingerbread because it is not wholesome when it is warm. But since I've seen the nervous little boy eat his breakfast of molasses and strong coffee, I don't laugh half so much at my friend, the hygienic mother, and her hygienic family.

Are You Renovating Your Kitchen?

By Mrs. Christine Frederick

VERY possibly you are planning to have your kitchen "done over" this spring. If so, will you let me give a few suggestions?

Too often a kitchen is the darkest room in the house. This may be because it was built so, or because it has the wrong tones on the wall. The kitchen should have as light tones as possible, and of those, buff or "peach," or a warm light yellow, a warm blue, gray, and pale green on the blue shade are best.

The ceiling should always be white, preferable kaolin, even if the walls are covered with other material. For the walls we have a choice of the so-called "flat" paints, than which there is nothing better; also a new "interior" paint which is even better, and which has been used by many good decorators; then there is the good washable oil cloth which can be used on the whole wall, or only for the lower dado. But the wall covering must never be paper, which will puff up with the steam and be utterly unsanitary.

Now the woodwork or "trim" should be as white as possible. If the walls are a light yellow, the trim may be a deeper tone; if the walls are gray the trim might be pure white, or an ivory shade, or the natural finished wood, varnished; the "maple" shade is also very good, clean looking, and wearable. But the trim should never be dark walnut or dark oak, as that gives a repulsive aspect, kills the tones on the walls and is not sanitary.

Many still use paper on pantry shelves. But two coats of light paint is preferable. It will "lighten" that part of the kitchen, make the shelves sanitary, and save work, as then the shelves need only a slight wiping off.

There should be no "line" to break the wall space, as in a small kitchen. A plate rail effect or shelves letting into the room will greatly decrease the effect of space. The simple motion picture projecting machine, called the phantoscope, designed for individual demonstration and small audience exhibitions. The phantoscope takes standard motion picture film and current from the ordinary incandescent lamp socket. It may be stopped at will and the picture examined at leisure with no danger of ignition. It projects an eight-foot picture and weighs in its case about twenty pounds.

pastel colors, and is much better than the "shiny" finish, which always looks cheap.

Let me emphasize again that the kitchen cannot be too light in tone. Our ideal must be the place "flooded with light," and dark, dingy kitchens are so often only because the wrong tones are used on the walls. Light does not dirtier than dark once, nor does the dirt "show more." And if it is there we should be glad that it does "show" so that we will know where it is and remove it!

Many women write me that they have wooden floors and rugs in their kitchens. I cannot understand this willingness on the part of many women to have such absorbent surfaces for floor coverings. I am a careful worker, but still there is bound to be some food fragments on the floor, grease, and plenty of sand or mud "tracked in." If we do insist on having wooden floors and rag carpets, then we will have to pay the price—which is much scrubbing and shining! Linoleum is by far the best kitchen flooring at a low price. If chosen in a good pattern, the "art" sense is satisfied by the decorative effect. Then it is non-absorbent and most easily wiped, and requires no oiling or waxing. Hanging, as does a wood floor, if you use a more apologetic and you have a permanent house, there are several cork, rubber, and cement mixtures which are the height of efficiency and sanitation.

If your room is small, choose a small, "neat" linoleum pattern; the "granite" patterns are particularly good. With well chosen and harmonious floor and walls of sanitary covering most of your kitchen troubles will be ended.

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Picture Machine Made

For Use in the Home

A Washington company has placed on the market a small and strikingly simple motion picture projecting machine, called the phantoscope, designed for individual demonstration and small audience exhibitions. The phantoscope takes standard motion picture film and current from the ordinary incandescent lamp socket. It may be stopped at will and the picture examined at leisure with no danger of ignition. It projects an eight-foot picture and weighs in its case about twenty pounds.

Mothers of Japan Never Chastise Children—They Scold With a Smile

Missionary Who Attended Welfare Congress Says Home Life in Nippon Is Happy and Serene.

By FLORENCE E. YODER.

There is no word in the Japanese language which means "home." But they have them too. They are made by the Japanese women whose whole care in life is the child.

* Mrs. R. P. Alexander, delegate to the National Congress of Mothers.



AND THE INEVITABLE TEA AND CAKE ARE SERVED AFTER THE MEETING.

ers from Japan, says that American women would do well to imitate some of the Japanese home "customs."

The Japanese mother's influence is always direct and personal, no matter how many servants there are.

The severest chiding is always given in a pleasant voice.

Children are not allowed to be stubborn or passionate with nurses. They never leave the house nor return to it without going into their mother's room and making little bows and repeating a farewell or a greeting.

"The mother of Japan is one of the real mothers of the world," said Mrs. Alexander today. "In all of my work of many years over there I have yet to find the one who does not at least try to perform the duties which the customs of the land and the fact that she is a mother require of her. Perhaps the real reason for it all is a sad one, for the Japanese mother sometimes has very little else in the world to care for."

"She is practically the servant of all in her husband's house—enters it with such an expectation and does not try to usurp the reign of the mother-in-law. For the mother-in-law of Japan is a very real asset of married life. Many times, however, her husband is just as good to her as are American husbands and her lot is then very happy."

"But she never neglects her children. No matter how numerous the servants of the house may be, the child is the sole care of the mother. Mother and baby are scarcely ever separated during the first few years of the baby's life, either day or night."

Does Not Employ Nurse.

"How many American mothers gladly put the little child off in its

FATHER STAYS HOME AND LOOKS AFTER THE KIDS WHILE THE MOTHER ATTENDS A MOTHERS MEETING.



MOTHER-IN-LAW IS A REAL ASSET IN A JAPANESE MARRIAGE.

own room, shift the responsibility and employ a nurse maid. No Japanese woman does this. The sleeping apartments of the baby are next to her's, and through the thin paper partition she can hear almost its every breath.

"The fathers as a rule have little or nothing to do with the training of children. It is left absolutely to the discretion of the mother. You can imagine what the mother's meetings really mean when I tell you the Japanese father has been known to stay at home and care for the children while the mother comes to the meeting."

"I will not attempt here to go into the discussion of the mother and the child in America, for it is too complicated a question. I can say, however, that the average American woman does not take her motherhood as seriously as does the Japanese woman. She is a power, she knows it, and every effort is concentrated on making the child whether a girl or a boy, recognize her as a person of authority."

Scolds With a Smile.

"To this end she constantly holds herself up as an example. The most severe scolding that is ever administered to the Japanese child is given with a smiling face. The mother does not shriek or yell at her children. Her influence is correspondingly great."

"Many Japanese mothers do not think that children under three or four years of age understand enough to be taught obedience, and sometimes the missionary mothers wonder whether their own will ever learn to respect the rights of others. I remember one such little fellow who was a perfect tyrant in the home before I went away for the summer vacation, but when I returned he was a different child and has never given any trouble since. As soon as the mother thinks the child is old enough to understand she teaches him to respect his elders and his superiors."

"If there are grandparents in the family they are always served first, then comes father and mother and the children, according to their ages. A younger child is not even supposed to enter a door before

Nurses Are Not Allowed to Care for Babies During Their Infancy—The Mother-in-Law a Real Asset.

Mrs. R. P. Alexander



MOTHER-IN-LAW IS A REAL ASSET IN A JAPANESE MARRIAGE.

that have not become affiliated with the body.

"Japanese home problems are in many ways more difficult of solution than are ours in this land, and Mothers' meetings are growing more popular with all classes of society. Often a husband will allow his wife to come to a Christian Mothers' meeting when he would not permit her to attend a church service."

"All of the Mothers' meetings are under the leadership of Christian women, and there is always a Bible lesson and prayer at the beginning, followed by a talk from the doctor, a trained nurse or some one who understands the problems waiting to be solved by the busy mothers. Sometimes each mother is asked to bring her own particular problem, and such meetings are often the most helpful of all. At the close there is the inevitable tea and cake served by the hostess. Over the tea cups many a mother too timid to speak out in a formal meeting opens her heart and asks for advice from those more experienced than herself."

Words of Wise Men.

Though far away, though ruthless time have scattered memory's dream; some scenes can never decay, but rest where all is change, like islands in a dream.—Thomas Drayden.

Not all the subtleties of metaphysics can make me doubt a moment of the immortality of the soul, and of a beneficent Providence. I feel it, I believe it, I desire it. I hope it, and I will defend to my last breath.—Rousseau.

While actions are always to be judged by the immutable standard of right and wrong, the judgments we base upon men must be qualified by considerations of age, country, station, and other accidental circumstances, and it will then be found that he who is most charitable in his judgment is generally the least unjust.—Southey.

Fourteen Mothers' Clubs.

"It is only sixteen years since the first mothers' meeting was held in Japan. Now there are fourteen societies in connection with the W. C. T. U. and a number of others

Secrets of Health and Happiness

Why Salt Air Is a Tonic For Your Tired Nerves

By Dr. LEONARD KEENE HIRSHBERG

A. B. M. A. M. D. (Johns Hopkins).

AS the vernal days wane thoughts of azure skies, flapping canvas, sunny beaches and ocean breezes begin to intrude into the yearning fabric of human anatomy.

How happy are they who from the toll and tumult of their lives may steal an eventful glance to where naught but the ocean strives. Healthful indeed is the sweep of the vast, salt, dread, eternal deep. No one may count the hours spent in wandering by the sea.

The mountains and the verdant meads, the low, thatched cottage and the house on the farm, sing high for outdoor health—but the ocean is a Delphic miracle to most.

Behold the sea, the opaline, the plentiful and strong; fresh as the trickling rainbow, sweeter physic than the roses of Arabia.

Land reflects cold and heat, the ultra-marine DR. HIRSHBERG heaven electric your soul and body, the sea supplies you with fabled foods.

The seashore is always balmy in winter and cooler in summer, and, therefore, more bearable to the sick, the aged, the infirm and infants than inland resorts.

The reason for this is obvious. Changes in the prevailing temperature can always raise or lower that of our gases, the earth and the air, more quickly than large bodies of water.

Land reflects cold and heat very quickly, so that a frosty northwest wind will play its unpleasant shaccato on the first undusted tile or oxygen.

Not so, however, where the wild waves whisper. The absorbed heat of the day's sunbaked sand, the warm Aeolus and tempers him to the shorn tango skirt.

Similarly in the torrid days the bottled-up ices of the Arctic ocean flow, like the gentle Avon along the shores of the hallow sky, whether the sun be at the zenith or the nadir.

There are a variety of happy physical agencies which aid in substituting a hearty vigor for the physical surrender which many ailing ones have.

Rolls along the jetty tramp, tramp back and forth along the beach, the dilated nostrils inhaling often for time undisturbed oxygen.

These have a magic in them which make all tomas, tallmans, charms, incantations and scientific medicines hang their heads in confessed futility.

The ocean was before the land, before the hollow sky, whether the sea encircles it. There is no finiteness in its beauty; no narrow confines limit its power. It waits the remotest wilds of the Indies at the moment it touches Maine.

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Answers to Health Questions

Reader—Why am I short of size? I am only seventeen years old and do not measure over five feet.

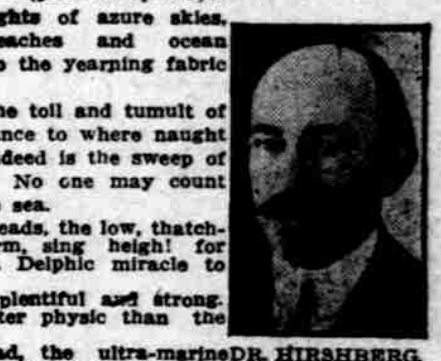
If your grandparents on both sides are short and their ancestors are short, you cannot be tall. If, however, either side of your grandparents' houses are tall or of average size, you still have five years in which to develop your height.

Men usually stop growing at twenty-two. Therefore, live much out of doors, learn to swim and perform upon the trapeze. Use arm and leg stretching exercises. Pull yourself apart—without going to extreme—in bed.

Remember that most growth comes during sleep, so you must get eight to ten hours of restful sleep. Smoking is held to retard growth, and even though this is not proved, you had better err on the safe side and avoid tobacco.

E. J. S.: My wife has a small goitre since she was thirteen years old. We have one son five years old. What would you advise?

If your wife is in good health and the goitre is small, do nothing radical. If



DR. HIRSHBERG

she is not so well, and the goitre is bothersome, if you have an operation in view, permit only the most skillful surgeon to operate upon her.

If it barely shows let it severely alone. Forget it.

J. D. K.: My left leg bends forward. Knock-kneed is the name. I am thirty-nine. Is it too late to be operated on? Will you do the operation. I am willing to pay you well.

A very simple operation by one of your surgeons can straighten this with perfect safety to you.

Trained Nurse: "What can be done for a person suffering with 'muscular rheumatism' in the legs. All parts of the body are fully developed, but my legs are very thin. Would rubbing with olive oil be beneficial?"

Riding a bicycle will not only strengthen the legs and also enlarge them, but will remove the aches if, as I suspect, they are due to varicose veins or flat feet.

E. F. W.: As I am inclined to be stout, would like to know if butter-milk is fattening?

Buttermilk of the real type is fattening. What is ordinarily obtained as "buttermilk" is not. This is usually sour milk, lactic acid milk, or whey. It has lots of acid and no oil globules in it.

H. N. D.: Why is it that a cigar makes me deathly sick although a pipe has no ill effects whatever?

The cool stem of the pipe allows the volatile poisons and gases to condense and deposit in the throat and lungs, your tissues. The cigar is not cool at any point and cigarettes are even more loosely rolled than cigars.

A. J.—We are going to the Northwest next month. Are any measures necessary to protect our children from the change of climate?

You are going into a strange country. Have your children and yourselves vaccinated and made immune to typhoid fever; also to smallpox. Protect the children against the bites of flies, mosquitoes, ticks and other insects.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirshberg, care this office.

Cameraman Is a Baron.

Prominent among the cameramen in foreign countries securing films for the Selig Company, is Baron Frans B. Von Teuber, sojourning at Lima, Peru, where he has been securing views of that picturesque country for the Selig pavilion at the San Francisco exposition.

Baron Von Teuber was born at the Castle of Krizanau, in Moravia, and is a baron of the Austrian Empire. He checks his title with the rest of his baggage and does not allow it to worry



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